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VOLUME IV

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"This book is nothing more than a weak diatribe against the will of the people, but I use it every day." — Karl Marx

"The more error, the more freedom." — C.S. Hyatt, Ph.D.

CHRISTOPHER S. HYATT, Ph.D. was trained in experimental and clinical psychology and practiced as a psychotherapist for many years. Today he is known as the world-famous author of books on self-transformation, psychology, and Western magic; among them are *Undoing Yourself With Energized Meditation*; *Secrets of Western Tantra*; *Urban Voodoo*; *Rebels & Devils*; and *The Psychopath's Bible*.

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The symbol you see is that of the "Extreme Individual Institute T".

The goal of the institute is simple: to assist extreme individuals to become who they are.

This work is for that 10% of marginal people who desire to become greater than they are now. It is not a forum or discussion or argument.

The methods of the Institute are simple: "work" in the arena of the obvious as well as the sublime. However, we are only concerned with results and not moralism—what a person does with his power is his business.

Work is done individually via both personal contact and the internet, plus a yearly coming together done either in the physical or on the internet. There is a strict entrance exam and monthly payments are required for the operation of the Institute.

Christopher S. Hyatt, Ph.D.
Head Coach

EXTREME LIVING

THE POWER APPROACH — THE AUTHENTIC RESPONSE

BEHAVIOR, PERSONALITY & CHARACTER

BY CHRISTOPHER S. HYATT, PH.D.
DR. JACK WILLIS & BEN MACK

The dark ages still reign over all humanity, and the depth and persistence now becoming clear. This Dark Age's prison has no steel bars, chains, or locks. Instead, it is locked by disorientation and built from misinformation... We are powerfully imprisoned in these Dark Ages simply by the terms in which we have been conditioned to think.

— R. Buckminster Fuller, *Cosmography*

Our first job in understanding life is to have a framework of analysis. This framework, though, should not be a straightjacket that inhibits our spontaneity. It should be a method for understanding ourselves and others that frees us from straightjackets.

The difficulty with most theories about psychology and personality is that they're so sophisticated and remote that they're almost unusable. That is not necessary. After at least 100 years of sound psychological knowledge, if we don't have all the answers, we certainly have enough to allow us to make more use of our capacities. *Black Book 4* leverages this technology to give you easily accessible techniques to apply to your life starting today.

THE AUTHENTIC POWER APPROACH

Black Book 4 emphasizes an elaboration of the approach described in the earlier Black Books.

My purpose is not to tell you which of the many approaches to use, but rather to provide you with an arsenal of alternatives. The authentic-power approach will help you build confidence. Additionally, mastering this method will show you how most people in our modern world don't behave to their own advantage. Here I will provide you with insights on how to control their often irrational and loser lifestyles.

Let's Begin... Extreme Individual Bio-Philosophy (EIB)

EIB is an easy and straightforward way of looking at life and people in general. Most people live according to three basic forms:

- 1) Safe
- 2) Feared
- 3) Catastrophic

Most people are incapable of living the fourth way: *authentic/extreme/powerful*.

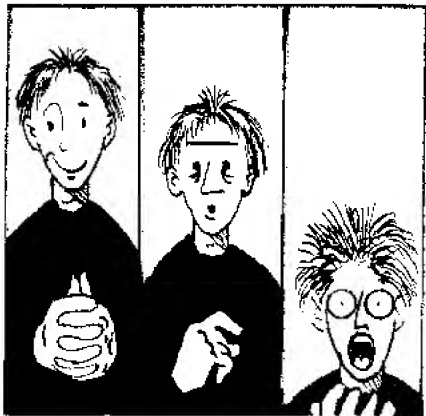
The safe relationship is what you usually do. It is what you are comfortable with.

The feared relationship is what you fear will happen if you don't play it safe.

The catastrophic relationship is the unacceptable metaphysical label that you (or others) would give you if you did your feared relationship. For example, if you and others viewed you as a "kind person," saying "no" to a person in desperate need would give you the label of a "selfish person."

You use your safe life to avoid your feared life because you expect it will lead to your catastrophic life. It's a fairly clean and simple system. And, truly, that is as simple as most lives are. Its simplicity, however, is only

:an illusion because there is a fourth way of living. This is called the *authentic, the powerful or the extreme life*.



Safe, Feared, Catastrophic

In the extreme life, you don't live trying to balance three types of life-styles. You live only one: the authentic—the powerful—the extreme. Until you can spot, analyze and use the other three less authentic styles, you will not have sustainable power.

For many of us, our understanding of life depends on being so arcane and erudite that no one can understand what we're saying—and that's because we use words like arcane and erudite. But, it would be strange,

indeed, if something that we all do—namely living—were so complex that no one could understand it.

If, as I maintain, the whole living business is really pretty easy to understand, then why haven't others presented it this way before? To be perfectly honest, I don't know. Frankly, I don't think I'm so special that no one else could have worked this out. Nor have I come up with any shattering new theoretical formulation that required some spark of creative genius.

When I was writing this booklet, I had to ask myself why no one else had done it before.

I concluded that either psychotherapists love to be terribly technical about everything, or simply that no one had bothered. Apparently others don't care about what I care about—fostering and promoting the extreme individual.

Do the above paragraphs sound as if I am belittling myself? The answer is "no"—take heart. I wrote them that way to give you a graphic illustration of avoiding playing it safe, doing what people might think I should fear, and facing an imagined catastrophe. And, of course, I am not worse for the experience; I am better. For me, as an author and former practicing psychotherapist, the safe life would be to have everyone think my book is profound—to think that I have developed some great new theory and that, thanks to me, the world has now been set aright.

The supposed fear is to have my book criticized as trite, unimaginative, or even worse, just plain silly.

The feared catastrophe is that all of my colleagues will sneer at me, avoid me at professional meetings, make jokes about me when I am not around—or worse, when I am around—and label me a fool. Well, I think this book is all about.....facing your fears. So, I'll say ahead of time that this book is simple, it is not profound, and if any of my colleagues want to sneer at me, they can be my guest.

EXERCISE To FOSTER EXTREME

LIVING Get out your journal.

In your journal, ask yourself, "Is there a relationship between powerful and authentic?" If so, what is it? Explore the idea of power in living. Explore the idea of authenticity in living. Journal on this for the next three days.

Extreme Individual Psychology (EIP)

Lets look at extreme Individual Psychology (EIP), the psychology
Of extreme individual Bio-Philosophy (EIB).

One: The Safe Life

The safe life is what we are willing to allow ourselves to do, or be, in any particular situation. It is a behavior or an attitude that we regard as acceptable. It is our customary, stylized way of acting. It is our robot self.

SCENE 1

Your parents are coming over for Sunday dinner. Despite the fact that you are married and have two kids, your mother still tries to run your life. You are very familiar with the pattern. No matter what you do, there is always a better way to do it: her way. Your six-year-old son is playing with his toy cars, but he should be trying to read. Your seven year old daughter is watching television, but she should be helping to set the table. You weigh an extra 15 pounds, so you should not be eating potatoes for dinner. Your bathroom could use a new paint job. Your children are not sitting up straight at the table, they are developing bad posture and, later, isn't it time for the kids to be in bed?

Her constant criticism and correction annoys the hell out of you. But, after all, this is your mother, so you swallow your annoyance and agree with her. Anything to keep the peace. Smiling through the evening is your safe mode. After all, you rationalize, this is who she is, and no matter what you say, she is not going to change. There is no sense spoiling the evening and, besides, it is only a few evenings a year so why make a fuss over nothing?

Your safe relationship is putting up with her rudeness and her disrespect of your choices and way of doing things.

SCENE 2

You have a friend who is always late for everything. She swears up and down that this time she will be not be late, and will meet you at the

restaurant at 12:30. She shows up 20 minutes late, thus ruining all your planning for the afternoon. As usual she has an excuse. It was a last minute phone call, it was traffic, it was finding a parking space—something always prevented her from showing up on time.

In time you have learned to simply expect her to be late. You start to include her lateness in your planning of events. If dinner is at 6:30, you tell her 6:00 so that she will be there by 6:30. But even then you are never sure. There have been times when she has been an hour, even an hour and a half, late. You note the growing resentment on your part. She is being disrespectful, as though your time and your plans were irrelevant. You also notice her self-centeredness—as though whenever she happens to show up is when events should start. But what can you do with your annoyance?

You start to include her less in your plans. Gradually your friendship will just kind of fade away, or at least that is what you hope. You're sorry to lose contact since she is really fun to talk to and you enjoy your time together.

Your safe relationship is to not deal with the reason why your friendship has to end. Why have a confrontation? There is no reason to hurt her feelings. You can accomplish the breakup without being so hurtful to her. After all, she probably can not help being late; that is just who she is. The safe relationship is the easy way out; better that you should carry the resentment than to confront the situation and tell her that you can no longer continue your friendship because her chronic lateness is just too disruptive to your life.

The safe life changes with circumstances, age, and our situations in life.

What we'd do at 18, we might regard as foolish or silly when we're 28 or 38. What we do when we've been drinking, we usually wouldn't dream of doing when we are sober. Much of what we do at home we usually wouldn't do when we're out.

Even considering all the changes that develop with circumstance or age, at any one time we each have certain set ways of acting in all of our customary situations—this is called our style of life. Over time, we get used to ourselves acting in these preset ways: we have ways that we act at parties, and ways that we act at work, and ways we act with friends, and so on for close family, strangers and relatives. These preset ways of acting, no matter the reason, comprise your safe life.

If everything you normally do is an example of playing it safe, then it follows that most other possibilities—other ways of acting that you don't usually chose—are potential examples of the feared life. To put it simply: Your feared life may be any way of acting that differs from your safe life.

SAFE LIFE = STANDARD BEHAVIOR
Playing it safe doesn't mean being non-confrontational. -for some it means acting tough. If a "tough guy" bumps into someone on the street, this person's safe action is to say, "Watch where you're going." So, his feared action could be to say, "Excuse me," or "I beg your pardon," or silence, or any comment other than "Watch where you're going." Of course, not all of these other possible responses would be equally feared. If he were absolutely forbidden to say his safe phrase, he wouldn't be speechless—he would choose another statement and it would be the one that was least feared—probably something aggressive. For this fellow, playing it safe is acting tough.

Two: The Feared Life

There may be many fears stifling you into any given safe action.

To uncover your specific fears, we must first examine characteristics of feared actions. Once you have learned to spot the different parts of your EIP, then you can take an easy step to living your authentic identity, and begin to enjoy an unshackled mind. *Extreme Living* removes your mental straightjackets as it makes the drivers of these limitations apparent to you.

Consistency: While safe actions change with time and circumstance, our feared actions tend to be consistent over time and circumstances. Stable consistencies have long been erroneously called your *basic personality*. The trick is to identify the consistent fear beneath the patterns of action.

Most often, a quiet child becomes a quiet teenager, who then becomes a quiet adult. For example, if a quiet person's feared action is being the center of attention, then in most circumstances the safe action is to not speak up.

If your feared action is appearing dumb, then one might have been a quiet teenager and become a category-maven as an adult. This adult has

found a way to speak up without the risk of appearing dumb, but he would still be a slave to his feared life because he limits his interactions to a category within which he has mastery.

This "smart guy" has built a safe life within the identity of *being smart*—he will go to extreme lengths to acquire mastery in order to fend off possibilities of appearing dumb. You can often see him revert to being quiet when there's a conversation outside of his scope of expertise. The smart guy will often rigidly avoid new situations and avoid conversations about topics in which he doesn't have mastery. His responses to questions may sound very measured and extraordinarily deliberate, but actually he is avoiding his feared situation.

SYMPTOMS OF FEAR
Often avoiding a feared action masquerades as politeness, indifference, or even as principle. Instead of admitting that you're afraid to do or say a certain thing, you will say it's not polite, it's something you're not interested in, or it's against your principles. It can be difficult to sort out what is truly a matter of consideration, or interest, or principle from what is simply a masquerade for a feared reaction. If you are dwelling on a situation, chances are there is an underlying feared action.

Extreme Living does allow for the social necessity of politeness or consideration. The difference is that you are no longer *hiding behind* politeness or consideration as a means of supporting your fear. As you begin to recognize your true feared actions, you are facing your fears. Facing your fears increases your strength.

The techniques that follow will help you face your imagined fears and the imagined catastrophes that you think will follow. You can consciously play it safe as you have done...or you can confront your fears. The point is simple—you are in charge of how you will act.

Three: The Catastrophic Life

Just as the safe action is self-defined—it's safe because we think it's safe—so, too, is our catastrophe. Most often, a catastrophe exists, not in reality, but only in your mind, your assumptions and your imaginings.

Our feared response is feared because it's expected to lead to a catastrophe—but not all alternative responses would equally lead to some self-defined catastrophe. Some of the alternate responses might be only mildly threatening or fearful and, of course, others more so. The closer an alternate response is to the idea it would bring on the expected, imagined catastrophe, the more fearful it would be. Keep in mind that most catastrophes are imagined.

Judgment: Generally, this catastrophe contains some sort of judgment about yourself. The judgment might be something like: "I'm mean," or "I'm incompetent," or "I'm not good enough." Whatever its form, this judgment is something you personally think is damning and/or dangerous.

The catastrophe can be exactly opposite for different people. For one, it can be: "I am ungrateful"; and for another: "I am too considerate." Similarly, for one it can be "I am selfish," and for another "I am being taken advantage of." Whatever form the catastrophe takes, it's something you personally regard as damning and unacceptable.

THE IMAGINED WORLD

Maintaining illusions draining. As a result of imagined catastrophes, you inhibit yourself and narrow your spontaneity and ability to experience new things; and you keep yourself from developing your powerful, authentic self. It takes less energy to be, because you have more power to draw from.

Recall the example of dinner with your mother: your *safe action* is being a good child and a good host. Your *feared action* is being an ungrateful child and so thin-skinned that you can't deal with your mother's criticism. Your *catastrophe* is that you are an ungrateful child and you *should* be able to take her constant criticism as just a sign of her concern. Your extreme *power action* would be to admit to yourself that you don't get along with your mother and, if she can not stop her constant attempts to tell you how to run your life, then you will break off contact.

This scene illustrates a point about *catastrophes*: They can be the same as the *feared action*. Except for making the analysis easier, that doesn't change anything. The *feared action* is still something you try to avoid because it will lead to the *catastrophe*. And the *catastrophe* still contains a judgment about yourself.

Now recall the example about the friend who was always late. Your *safe action* is trying to plan on her being late and just include that in your plans. Your *feared action* is acknowledging your desires and then having them dismissed, or having no effect on her subsequent behavior. Your *catastrophe* is that you were never important to your friend to begin with and, thus, what you like or dislike makes no difference to her.

Assumptions & Fantasies: Catastrophes always involve assumptions, and usually involve fantasies.

Dreams and daydreams are fantasies, but not the kind of fantasy involved in catastrophes. The catastrophe involves a third kind of fantasy. This kind has no special name, it's simply called *fantasy*. It's like a daydream, except that it goes by so fast that in nearly all instances the person having the fantasy is unaware of it. It's no more than the flash of an idea, the flash of an image, or the flash of a feeling. Because this fantasy is usually something we don't want to recognize or think about, the mind is trained to block it from consciousness. Your fantasy comes and goes without your even being aware of it. This kind of fantasy involves something that you expect will happen to you that you don't like or that secretly horrifies you.

So, catastrophes always involve assumptions and usually involve fantasy. One assumption is that other people concern themselves with our behavior. The fantasy is what you expect another person will do or think if you allow yourself to do what you fear.

For example, let's suppose that your *safe action* is never saying "No." Your *feared action* is saying "No." And, let's assume that your *catastrophe* is that you will be thought of as self-centered. Within that *catastrophe* is the assumption that the other person will think about you and about what type of person you are. Further, you assume that when this person thinks about your refusal, he or she will draw the same conclusion that you do: that you are a self-centered person. Finally, you assume that they even want you to say "Yes." They might, in fact, want you to say "No."

Though your assumption might be that they look at you and think: "What do you mean 'No' That's very self-centered of you," still, that is an assumption. And even if it is true, how serious is it, really? Yet that's the stuff that catastrophes are made of: unlikely assumptions and improbable fantasies—which lead you to get stuck in your robotic, safe, and unfilled life.

Now let's look at some scenes that illustrate the safe life, the feared life, the catastrophic life, and the extreme/authentic/powerful life. As I present these scenes, I will add some more points about the EIP principles, and then we'll take a look at in-depth situations to see how EIP works in practice.

Before you read Scene 1, do you think you can answer the GREAT BLACK BOOK QUESTION: How are powerful and authentic linked?

As you implement tactics from *Black Book 4*, begin with peripheral relationships. When you act differently, others around you will begin to act differently. Sometimes this will have an immediate benefit, other times you will face resistance. Resistance may hurt and may come in waves. The discomfort you feel is what has been keeping your safe pattern in place. The more you practice being authentic, the easier it will be for you to integrate this approach across more substantive areas of your life. It's like learning to ride a bike—you are going to fall down a few times and it will hurt. But it hurts less if you aren't going down a really steep hill. Similarly, once you have mastered the balance, both riding a bike and interacting with authenticity will be effortless...

Extreme Living Scenarios

SCENE 1

You're at breakfast before going to work, and your wife says: "Darling, can I meet you for lunch today? I'm going to be out shopping and I would love to have lunch with you." You feel a moment's irritation. You had planned to go out with your friends at the office for a nice long lunch and about four drinks. For the first time in a long time you are pretty well caught up with your work, and you had planned to take advantage of the situation to be a little naughty. You'd much rather go out with your friends from the office, but that would mean refusing your wife. So, instead, you say: "Sure, honey. That would be nice. I just happen to be caught up with work and we can have a nice long lunch together."

Your *safe action* is what you usually do. You are, of course, a considerate husband who always thinks first of your wife's desires and welfare. Therefore you give up your own wants and agree to have lunch with her. Your *feared action* is saying "No" to your wife when you don't have any

legitimate excuse (since, for you, your own wants do not constitute a legitimate excuse). Your *catastrophe* is being an arbitrary, selfish, inconsiderate husband who never shows his wife any attention.

Your *extreme/authentic/powerful action* would be to admit that, while you do have time, you simply don't feel like having lunch with her today; that another day you'd like to have lunch with her, but today you want to go out with your friends from the office.

SCENE 2

Your children are playing a game of "You can't make me go to bed." It's now 11:30 p.m. and they will not stay in bed.

The same scene is repeated night after night. It's now time for your nightly explosion of yelling and threats, the same scene that will be repeated tomorrow night. You go into your act, and a half hour later they're finally asleep, leaving you too upset and tired for anything else but to go to bed yourself.

Your *safe action* is being a distraught parent with naughty children. Your *feared action* is leaving the kids alone, letting them stay up forever if they like and, thus, not having anything to fight about. Your *catastrophe* is not behaving the way you think a parent is supposed to behave: you're a bad parent because you can't control your children the way you think parents are supposed to.

Your *power action* would be to recognize that "controlling your children" is just an arbitrary standard that someone else set up and which you have been blindly following. That is not necessary! That there are other ways of relating to your child than through controlling their bedtime, and if anyone wants to think badly of you for that, then it's their concern, not yours.

This scene illustrates several of the points about the EIP. No doubt, any parent with young children is going to have a dozen reasons why it's necessary for the children to be in bed "on time": their health, their need for eight hours sleep, how they'll be tired or overtired the next day, how they need to get up for school, and so on. Every one of these reasons, though, is actually a justification for your *safe* response. Any of those reasons may or may not be true, but the fact is, there is an alternative. You might not approve of it, but it does exist. You don't use this alternative, you don't approve of this alternative, precisely because it's a *feared action*. There are, after all, parents who don't make an issue of bedtime.

So you *can* do it. And if you don't, it's not truly for any of your list of reasons, it's because being a distraught parent is a *safe* lifestyle and letting your children stay up is a *feared* action.

AVOIDING SAFE

Your safe relationships have had years to entrench themselves. Your first task is to discover your *feared* and your *catastrophic* relationships. Then you should try to recognize them as a mirage—a perception that is actually helping to hold that *safe* relationship in place. Identifying your drivers is not as important as changing your behavior. If you identify a habit of *safe* action you intend to change, then *change* it. Do *anything* other than what you have historically done. You will find yourself evolving into more authentic communications because you will no longer be grasping your established crutches of habit.

SCENE 3

Your wife is going out tonight with a girlfriend. You have agreed in the past that you could both have your "night out" with friends, but you suspect that they're going out to pick up some guy and have a one-night affair. She has gone out like this before, and come home about three in the morning. You don't want her to go, but you feel you must live up to your agreement. Therefore, you grit your teeth, say nothing, and wish her a good time.

Your *safe* reaction is living up to your agreement and not appearing to be a jealous and suspicious husband. Your *feared* action is asking her not to go. Your *catastrophe* is that if you ask her, and she goes anyway, then not only have you lost her respect, but it's proof she doesn't really love you—you are a henpecked husband, not a man.

Your *authentic/powerful* action is to tell her your fears about her going out to have an affair, and that you don't want her to go. That doesn't mean, of course, that she *can't* go. The essence of power is that it's not a demand on the other person. Instead, it's your willingness to be open to your own wants, to express them, and to become who you really are.

SCENE 4

You and your sister are not getting along very well. You think she is stuck up and phony. Whenever you call her, she sounds rather cold and

distant, and seems to want to end the conversation as soon as possible. She never invites you to her house, and while she has accepted your invitations, she and her husband have left as early in the evening as possible. Her husband is a stockbroker, a business you know little about. She's an investment researcher for the same firm, and you know even less about that. You've tried in the past to get them to discuss what they do, or tell you about investments in stocks, but they seem to be reluctant to talk about it and switch the subject quickly. You think you should be on friendly terms with your sister and her husband, but you can't seem to find a way to reach them. You're reluctant to let the two of you simply drift apart. So you think that, maybe, jointly planning a surprise birthday party for your mother might be a good way to get your relationship with your sister started again. You worry about the project, going over and over in your imagination the many ways your phone call to your sister might play out—what you might say, what she might say. Overcoming your nervousness, you finally make the call, only to have your party suggestion turned down.

Your *safe* action is having a "properly" close family. Your *feared* action is not being on good terms with your sister. Your *catastrophe* is being all alone in the world with no family after your parents die.

Your *power* action is accepting that you and your sister are different people and that, in fact, you do not—and probably will not—have a close relationship. Your sister can not protect you from being alone; only you can do that by establishing relationships with people you enjoy and who enjoy you.

SCENE 5

Your parents are visiting from out of town. Your mother is very religious and has always made an issue of the "place of God in our lives." You have moved away from organized religion in recent years, but have not had the courage to tell her. You know that on Saturday night she will make some comment about getting up for church on Sunday morning, ask about which church you attend, about the minister, the parishioners, etc. When the time comes, she starts her questioning. You lie to her and make up a story for her benefit about the church and the minister. On Sunday morning, you go with her to the service.

Your *safe* action is what you commonly do: lie to your mother in order not to hurt her feelings. Your *feared* action is telling your mother the

truth, knowing that the truth will hurt her feelings. Your *catastrophe* is that you are an ungrateful, bad child.

Your *power action* might be to tell your mother that, while you respect her views, your way of doing things is different. You respect her way as hers, and you hope she can also respect your way.

This scene, and the scene about the children's bedtime both illustrate the principle that in trying to discover your *feared action*, the best place to look is the direct *opposite* of whatever you do as your *safe action*. The opposite of lying to mother about church is to tell her the truth that you do not go. The opposite of fighting with the kids is not fighting with the kids and just letting them stay up until they fall

IMPORTANT! DISTINCTION

You can't be *authentic* without being *powerful* but you can be *power-fill* without being authentic.

As you journal about authenticity and power, address why the above statement is true. Or, do you think I am full of shit?

SCENE 6

It's Saturday, and your husband has just settled in to watch his second football game on TV. You have been particularly bothered by the kids this week, and want him to take them out somewhere so you can have a little peace and quiet. You've been through this scene with him before. You have asked him to take the children out, and he has responded with irritation and a statement like, "For Christ's sake, can't I even watch a game in peace?" Then, you'd either start an argument or retire sullenly. This time, to avoid the argument, you ask tentatively if he could take the kids somewhere. You get your expected "No," and then you retire to brood and plot some way to get even.

Your *safe action* is not pressing the issue. Your *feared action* is forcefully stating your own wants: I want you to take the kids somewhere and give me a little peace; this is important to me and I think it's more important than the football game; please do it. Your *catastrophe* is being refused even after you have openly stated what you want, which means your husband does not care about you or your needs.

Your *authentic/powerful* or *extreme action* would be to tell him that you are tired, that you would like a break, and that you want him to take the kids out. If he, in fact, does become irritated, then you would deal with his irritation. You might say that, while you can understand his resentment, you also resent being tied to the kids all the time and must insist on some sharing of responsibility.

COMPLICATION IS NOT AUTHENTIC

Life is simple if you have the courage to live it. It becomes complicated and confusing when you deny your real self and try to live in the fictions that the world has created for us all. It is okay not to be okay.

Powerful is part of your way of being in the world; authentic is part of the way you deal with others. In other words, the potential for power resides in you, while the potential for authenticity resides in your relationships.

PUTTING IT ALL TOGETHER

What I have laid out for you in this *Black Book* is a broad and general way to understand yourself and others. And I have specified what the answer is. Let's review.

1. The standard way of reacting is the *safe* life.
2. It is safe because it keeps you away from the *feared* life;
3. Which you expect will lead to a self-defined *catastrophe*.
4. But playing it safe is playing inside a self-created prison. Freeing yourself from that prison is possible if you face your fears and assumed *catastrophes* and live the *authentic/powerful* life.

It's a good idea to work on only one area of life at a time. Take any one area of your life and watch yourself. Don't make changes yet, just journal your observations of yourself. Describe the scene and how you responded.

Did you agree when you really did not want to? Did you not express your anger, annoyance, boredom, etc. because you were more concerned with hurting someone else than you were with your own truth? Do you find that you are always ready to sacrifice yourself and your own desires in deference to someone else? Do you find yourself justifying a behavior because "that's the polite way to do it" or "that's the way everyone does

it?" Do you find that if you did not follow the script you copied into your journal, you would feel very uncomfortable?

Can you find a common theme in your responses? Not the same words, but the same general way of responding? The more study you do the better.

Now, I am not saying that politeness, thoughtfulness and consideration are always wrong. Courtesy and politeness are the grease of the wheels of society. This is a problem, however, when you use these ways of life as little more than an excuse to stay in your *safe* position.

When you have enough entries in your journal for the area of your life that you are looking at, then deliberately try some other response. There is an easy clue as to when you are violating your safe position: you will have a body reaction of anxiety or uneasiness (see my book, *Undoing Yourself*). If the change you tried is just as easy for you as the old *safe* way, then you have simply moved from one *safe* way to another.

When you do the *feared* action, try to spot what your fantasy or assumption is about what you expect the *catastrophe* to be. No matter what *reality* follows your doing the *feared* action, concentrate on whether that imagined *catastrophe* is really as horrible as you imagined. What is the worst thing that could happen? Suppose what follows your doing the *feared* action is exactly what you feared. Does that *really* lead to the fantasized or assumed *catastrophe*? And if so, is that *catastrophe* really a *catastrophe* or is it merely something you have been unwilling to face?

BRAIN ABUSE WITHOUT A HAMMER

EXERCISES IN COGNITIVE DESTRUCTION

BY CHRISTOPHER S. HYATT, PH.D.
MOBIUSFRAME, M.S.

"ALGORITHM"

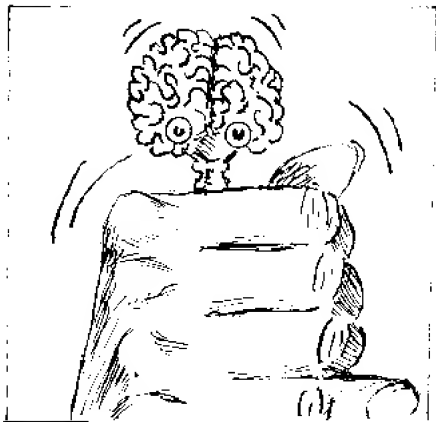
Remember, a picture is worth a thousand words, but a picture will never hang you.

— C.S. Hyatt, Ph.D.

The human brain is a survival and pleasure instrument. It can be inventive and creative, and provides a lot of fun.

All brains, regardless of species are primarily designed for nesting, digesting and congesting. However, due to the human brain's peculiar type of "random" flexibility, it also enjoys entertaining itself, learning about the world it inhabits and attempting to improve itself—gaining more power over unassisted nature. The reader will note that we have used the word "unassisted" in connection with the word nature. We did this to implant in the reader's mind that we do not regard man as unnatural...mankind is part and parcel of the entire scene on this floating planet.

Most of you will note that many people might agree with this, but we will assure that few people act or live in accord with this position. Most humans act as if they are separate from nature and are not affected by its "rules." Can you imagine a species so stupid that it prefers death to living—well look in the mirror..... and if you personally do not belong in the death-worshipping category, let us assure you that most people would rather be in heaven with their god, than live the adventure of life on earth. In fact, as we write this, many of the "leaders" of the so-called nations rule their environs by talking with god and reading his "mind."



Brain Abuse

The men of the mind are on the verge of the greatest breakthroughs in our history, yet the herds and its shepherds are fighting tooth and nail to remain and—worse—to return to earlier times.

Most brains, however, operate like most other brains in any given culture, and human brains have the peculiar ability to develop complex languages which both extend its power and inhibits its progress.

The brain has an interesting flaw—words can and do become the "same" as objects, actions and processes. Most brains do not consciously understand the use and effect of language, but are at times acutely aware of the power and effect of words.

The lack of reflective understanding can both be profitable and crippling as the human brain can imprison itself in a maze of useless ideas and beliefs.

Words often create strong emotional reactions which serve to prove to the brain that there is otherworldly substance to its words and belief systems. For example, tell a person to deliberately imagine that they are having sex with their mother.

□ The secret of *Undoing Yourself* is to extinguish all emotional reactions to words and images. Try it—it will be fun.

Data from physics, biology and chemistry indicate that our brains are capable of perceiving only a tiny slice of what is occurring in our immediate environment.

The brain is essentially a highly organized mix of salts and lipids—but then, so is a stick of butter. Moreover, a slight shift in the chemical environment of the brain may produce massive alterations in perception. The point is, you cannot trust your brain. The brain is a tool, it serves functions, but it is relatively limited in perception, data storage and reliability. It is necessary to determine if and when your brain is sending signals that function to bring you to your goals, and when you are being a common, all too human, idiot. Now, if the brain is unreliable, how do we know this?

Polluted brains are boring and dangerous, particularly to freshly minted ones. Now tell the same person that their mother was screaming "harder and harder, more—more—fuck me more" as they were being conceived.

Brain pollution, whether "on screen or off screen" (conscious or unconscious) is the norm, particularly when it comes to "thinking"—which we prefer to call *thoughting*.

Thinking is complex, and requires work—lots of work. It requires understanding, word usage, history, analysis, logic, proof, etc. *Thoughting*, however, is easy, simply requiring the repetition of popular clichés, lessons from childhood, consensus, and the opinions of authorities. Now tell them to imagine that their mother did two guys at once, one anal and one orally and that during her younger days she would screw a different guy every day.....

Polluted brains are frightened, anxious, depressed and angry—and thus are very dangerous when connected to muscle tissue—! Humans, like most animals, are designed to act. Now think about how words, emotions

, and muscles interact. Here is another question: how does inhibiting action affect emotion and cognition? Could it be that many of the emotions we "feel" are artificially a result of excessive inhibition?

Below you will find *some* common brain pollutants. Learn to recognize them in yourself and others—so you can protect yourself and use them to your advantage.

Mental pollution, present in your own mind, guarantees dis-ease of life. Mental pollution in minds around you, however, can be more damaging to you—particularly, say, if you were a witch in the Middle Ages. Therefore, select the people closest to you on the basis of levels of mental pollution, not on labels like "mother," "father," "wife," "husband," "friend," "neighbor." However, to become something more than common, you must work diligently to cleanse your mind of pollution, and to deal calmly and effectively with the pollution in others. Hint: the best way to deal with others is to ignore what they are saying and simply watch what they are doing.

Reading about brain pollution is not a substitute for the painstaking and laborious task of wiping this sewage from your mind. Likely, the pollution served primitive survival purposes for you in previous years, and your true master, the subconscious mind, will not easily relinquish its patterns simply because "you" will it—(whim it).

Remember, a clean brain is a fun, productive and creative brain—so let us begin the process of brainwashing. Notice here that we have used the word *brainwashing* in a new, more interesting way than the normal brainwashed monkey.

First, we will look at some of the common brain pollutants. Polluted thoughting may harm the self, or others perceived as outside the self. Self-directed harm is invalid programming for the mature human. Other-directed harm often involves a sense of weakness that one fights against and, at the same time, prolongs. Regardless, in a very short while, pollutants become the normal operational pattern of many humans. If, as an individual human, as the highest expression of your DNA, you wish to exist as fully as possible, then it is necessary to depollute. But keep in mind that your brain—and your habit patterns—will fight you every step of the way.

Caution: When washing your brain use a gentle cleanser—harsh detergents and bleach can cause irreversible damage.

Some Common Pollutants

R. Pre-Cognitive Hysteria

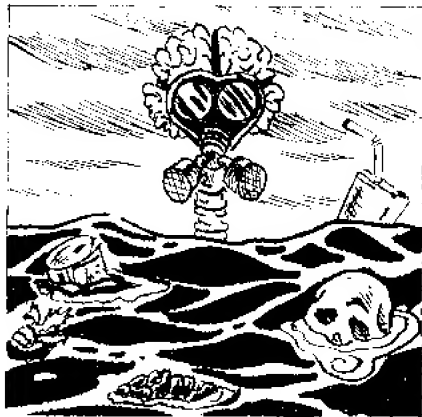
In our own western understanding, we suppose that Zen Buddhism strives to attain the position of strifelessness; the goal being to have no goal, just to be. Through experiences of direct, pre-cognitive, pre-thought reality, the human mind appears to gain the ability to very rapidly process and react to information. Without thinking, the swordsman strikes, the karateka attacks, and the archer fires. Pre-cognitive living has its advantages in rapidity of response and the ability to perceive large amounts of data in a holistic framework.

Emotional amplification adds the sweet tinge of feeling the day-to-day experience. The emotional areas of the brain are located between the cortex and brain stem. Thus, most incoming data is processed emotionally, as is most outgoing data. Through emotion we may endure a boring, stagnating morning at work, followed by a violent, horrific automobile accident in the evening. Subjective emotions compare analogically to adjectives. Thus, emotion is the subjective flavor of one's experiences, and fuel for the fires of creation, passion, lust, greed, envy, hatred, love, etc.

Emotions are a useful survival tool if you live in a wilderness. However, in a modern society, one must have control of one's reactions to emotions. In a professional setting, losing control of the emotions is unacceptable. Likewise, if we want to raise children better suited to the necessary future of the human experience, then emotional flare-ups at home are likewise, unacceptable. There is no valid excuse for losing control of your emotions, unless of course it is a real survival situation—and even in those cases most emotions follow action and not the other way around.

However, stifling the emotions is damaging, and will lead to other problems. The key is to feel the present emotions without reacting like an animal. If someone strikes you in the face, you will likely feel angry. If

you have sex with someone, you may feel very strong emotional attachment and desire. It is important to feel these and refrain from ablating them. Emotions which are stifled contribute to chronic muscle tension, migraines, stress syndromes, and numerous psychoses. Yet, feeling an emotion is different than reacting to it. Just because you are angry that someone punched you in the face, doesn't mean *you have to* strike back. Just because you have strong feelings for someone doesn't mean *you have to* marry them. In fact, a mature and logical analysis of the situations at hand will yield the best choice of actions. It is necessary to learn to say things in your mind like: "I am angry, so what! I will do nothing until the anger passes." Of course, in real life-and-death situations you will react first and feel afterwards.



Brain Pollution

In modern man, emotions are the result of inhibited actions, cognition and imagination. This is important to keep in mind when we discuss such issues as "emotion as proof."

Interestingly, we tend to remember very well emotionally charged events. In fact, emotions lend a permanency to memories. When studying, remembering names, faces, facts, and places, use emotions to write the memories to your mind. By associating a feeling with a hit of data, you make it easier to recall.

The human brain is an untamed beast... it will fight you every step of the way.

B. Over-Generalizations

To generalize requires an intense effort to derive principles from particulars. A principle is a general rule or law derived either from a standard or observations.

Developing principles requires training, diligence and integrity, things lacking in your average brain abuser.

Over-generalization means deriving false principles, general *rules* or taws based on few or no particulars. Whatever, if any, real principles are involved go way beyond the information at hand and, in many cases, the information selected is biased and self-serving. Often over-generalizers are true believers who Leave out facts and select information out of context in order to convince others of the "truth" of their position. Frequently their "principles" are an appeal to fear and anxiety. Watch the news or talk to a politician or priest.

This primitive thinking device is designed to give the illusion of authority and power where there is none. Making wide scope, sweeping generalizations may make one appear confident, intelligent and aware. Yet, when more data is collected and questions arise, the generalizations fail to provide an approximation of observable phenomena. Many over-generalizers do not cope well with contradictory information. They will either try to fit it into their model, ignore it completely or kill you.

C. Either/Ors—

This is binary thinking—or perceiving complex processes as simple dualities. Any single thing that can be perceived can be evaluated in this primitive fashion. Compare this to the physics of space and time. For example, the speed of an automobile compares two parameters: 1. the distance the car traveled & 2. the time of travel. This yields a very important data point called *velocity*. How fast did that car go? It traveled 60 miles in one hour. The chaotic nature of the universe, however, allows that the car may change its velocity at any given moment by accelerating or decelerating. So, more complex mathematics is needed to calculate acceleration—or change in velocity per unit of time. Acceleration is a change in the change of the distance of an object per unit of time.

There is no single thing. All single things are in a constant state of interaction with everything else. Although metaphysically chopping things out of their environment allows you to make certain observations about an object, it doesn't take into consideration changes in the object due to its interaction with other things. Function is always the relationship of more than one thing. It is important to consider not only how fast someone is headed in a certain direction, but also how likely they are to change their velocity toward a series of possible events.

An either/or example: My friend Bill has shot up with heroin in the past. He is either an heroin addict, or he's not. This allows me to make certain decisions about Bill. However, the analysis is oversimplified. Thinking in binary terms does not involve enough information. It is lazy thought-ing, and a very limited world view. More data is required to make decisions. Do not allow yourself to simply react to apparently binary cues. Instead, use your head, think. Bill may have been off the smack for 25 years, and a successful competent social being. To simply write him off based on such a small amount of data destroys possibilities.

Is your Mother either/or

Whore ----- Virtuous

Presenting two options and then demanding a choice. This is common for binary creatures, and the favorite tool of lawyers, politicians, priests, and newscasters.

It is easy work and puts them in charge of the situation. People love to ask stupid questions, "Are you for me or against me?" They love to ask stupid questions that demand either a yes or no.

However, people are more subtle than this. They will ask many either/or questions and then decide if you are safe or dangerous, sane or mad. Rarely, do they think in degrees—as represented by the question above—let alone do they think in dimensions.

For example take the question : *Is your Mother a*

Whore ----- Virtuous

Now add another dimension. *Did she like it or not?*

Yes -----



The Human Brain: Untamed Beast

Now, is there a difference between a whore who liked her work and one who didn't...

Yes -----No

Finally, is your mother an alien?

Yes -----No

Now, if you wished to turn the first question into a double bind. You might ask—

Is your Mother a

Whore ----- Prostitute

Do a study: Watch the news and observe how often newscasters use this form of "thoughting." Fox news has made an art out of this stupidity and guess what? Their ratings are going through the roof!

Watch yourself and notice how often you use this form of thinking. Attempt to modify this disease...modify your thoughts, acquire data and information which contradicts this form of absolutism. If you find that your brain fights against modification, you then know that you are imitating primal authority figures. Record how often you observe yourself performing "black and white" "thoughting."

The most probable cause of this form of primitive "thoughting" is deification (see below). This is an innate survival device—which infants and young children automatically employ and, from our observations, rarely if ever outgrow.

What useful purposes does deification serve?

What are its dangers?

Where do you stand on this form of "thinking."

I deify, people, ideas and causes.

Never----- Always

D. Reducing To Moralism

This is another version of primitive thinking in which the values of good/bad are usually provided by the herd with which the human most identifies. The person tends to reduce most everything into a "good-bad" paradigm, and then supposes shoulds based on the good, and should-nots based on the bad. This is a survival device, and in primitive humans

serves the function of keeping the herd in line with the will of the shepherd. However, during thinking and speaking it is simply an advanced form of grunting.

Morals are socially defined, thus removing the need for the responsibility of making decisions by one's own thought and volition. For example, a zealous church member may opt to utilize the ready-made morals of the church to make a decision—without collecting objective data, or performing any kind of analysis. Moralists are usually "tools" of one familial, socio-political, or religious group or another. When in doubt, they consult the priest or fuhrer to learn the "right" way to live. The desire to escape responsibility for the occurrences in one's life—and for the choices that produced them—is the crux of human mental laziness.

For example, Stem Cell research holds potentialities beyond the wildest dreams of science fiction writers. Possibilities abound for extending human life spans indefinitely and growing replacement organs. But most humans will require authorities to decide whether it is "good or bad." Of course no one bothers to ask "good or bad by whose or what standards?"

E. Selective Perception

Making reality subordinate to pet models by selecting specific aspects of events to match expectations which are based on primal assumptions allows one to confirm their biased idealism. A person who says "women are inferior" sees only those things which verify this selectivity, ignoring other information.

Most people use selective perception and attention; however, the brain abuser seeks out information to validate primal view of self, others and world..... This primitive metaphysician...selects people who have similar lar world views...as there is a strong desire for consistency and huddling around the fires of familiar monkeys.

In Anorexia Nervosa the individual—even in acute stages of organ failure due to malnourishment—is fully convinced that it is obese.

It is astonishing to see a skeleton denying sustenance and life in favor of its selective perceptions. Often, and most pathogenic, the initial cue for a selective perception is formulated in youth through emotional experience; i.e., the anorexic may have been continuously reprimanded for overeating by the parental unit(s) at a young age, ostensibly before logical faculties and critical thinking were developed to challenge the supposition of obesity. Thus, the ideation "I am a fat-ass," remains buried

beneath the mind's capability to objectively observe existential phenomena. This is autohypnosis, or selection of a system of beliefs regardless of reality, and a tendency to maintain those beliefs despite all information to the contrary. Most selective perception is completely unconscious, and if challenged, will result in a disproportionately large emotional response as the same pre-analytical system that generated the belief struggles to defend its own hallucinations.

F. Consistency

In a highly flexible, ever-changing universe it is irrational to expect consistency. For example, reactions in the present are often inconsistent with reactions in the past. People's moods change, their attitudes vary. Life is extremely time-and-space dependent, and worse for the oligarchy, new data is always being presented.

The proper use of consistency is in the realm of highly defined environments such as math, logic and science. For example, the scientific method seeks to discover consistencies in an infinite flux of data—the earth is round. While this has presumably remained a "true statement" for several millennia, one large asteroid could, at any moment, change the "truth" of this statement. FEAR! However, in the arena of human behavior, forced consistency is a sign of weakness, and points to a fear of the unknown, and even moreso, to a fear of losing control.

Moralism, anxious demands & shouldism are but a few examples of the flailing terror of a mind that needs control of an uncontrollable and infinite reality. As events and data reveal new information, change is essential. A flexible, relaxed mind is necessary to generate options for changing circumstances.

For example, business principles must be inconsistent when market conditions change, and this holds true for politics as well. When you hold a position with data X, you may change the position when the data is X+1. Thus, idiotic axioms such as "always tell the truth," sound righteous, and may earn you brownie points with your pastor, but if any measure of survival and success is your game, then you will need to determine when to tell the truth, and when not to based on data you derive from your environment.

For a real life example of the degeneracy of constantly applying restrictive, consistent methods to life consider the following scenario: Jean always plays it safe. When driving on the highway, Jean ALWAYS sets

the cruise control for 55 mph. Today, a thin sheet of ice is covering the very curvy highway that Jean travels daily to town. Jean has the cruise control set at 55 mph as she rounds the first corner.....what happens?

G. Thought Projection

Thought projection is also known as The Assumption of Equivalence: projection of one's own basic assumptions and primal principals onto others, then claiming knowledge that they have identical assumptions and principals. An example of the faulty logic is as follows: when I laugh at people, it is because I think they are stupid; therefore, those people are laughing at me because they think I am stupid.

The actions of each individual are stimulus/response systems that cannot be generalized to "everyone." Cultural and individual variations are the norm, and making assumptions is likely to yield inaccurate conclusions. Making the "okay" sign with one's hand has a different meaning for those speaking sign language. Waiving hello to your neighbor with your left hand is acceptable in western countries. However, many Eastern and Mediterranean locales consider this a most heinous insult, since the left hand is used to remove fecal waste. The polite smile is usually accepted to mean pleasant feelings, but that same smile on the face of a serial killer, may have an entirely different agenda behind it.

Another form of thought projection: Predicting the future. People always want to know the future so they can make necessary preparations. People who are good at predicting the future through any means can intimidate and control the weak-minded. This is like a parent saying: "If you don't listen to me this will happen"; or "You will grow up to be no good." Often this game turns into self-fulfilling prophecy through the mechanisms of selective perception. The more intensely one believes "I will meet my true love today," the more likely evidence will be found to confirm this—regardless of reality. Remember, most people are prophets in their own mind, and naturally consider themselves the center of the world—no matter how they might behave.

Even bad predictions are prized as they give the person a sense of security by allowing them to take measures to prevent the prophesied catastrophe. Christians enjoy knowing the world will end in fire and tribulations; this allows them the superiority and safety of preparing for it, while secretly wishing the worst on "non-believers." Repent or ye shall surely perish!

Beware of people with predictions of the future. It is a power ploy designed to put you in the infantile position of reliance on their foreknowledge. If it suits your needs, let them think you believe, but always base your estimations on empirical data. Every statement about the future is, at best, estimation—and therefore of a probabilistic nature, not absolute.

H. Double Standards

Double Standard refers to holding two or more systems of standards for drawing conclusions about similar entities, based on fabricated dissimilarities. Double standards often involve selective perception, faulty logic and idealism/moralism.

For example, a group of boys playing baseball is approached by a girl who wishes to play. Even though the entire troupe of boys are unable to catch a fly ball, they've been playing for hours. The girl catches two or three pop-flies, then misses one. Even though her ratio of catches to misses shows superiority over the boys, she is dismissed from the game for being unable to play on a competent level. She is, in fact, being evaluated on a tougher scale than the boys.

Double standard: affirmative action/racism. Objectively, securing employment or entrance to a university would be based on standardized examinations and measurable competency. However, through racism—and its mirror image, affirmative action—a double standard is aptly displayed. These days, there are differences in the evaluative scales used to determine eligibility of entrance into some universities based, for example, on ethnicity. College governing boards determined that certain (arbitrarily defined) "minorities" were "underrepresented" in universities, so they made a separate scale for those groups, thereby making it easier for them to gain entrance—regardless of capability.

Double standards can also serve a self-defeatist purpose if one uses a different scale to judge oneself than others. Often, the scales used to judge oneself are of a moral nature, and come from society or family. "I am so stupid, but my sister Agnes is ingenious." If the ideals each sibling are evaluated by are not equal, the assertion is meaningless. Again, the involvement of idealism instead of objective evaluation lends itself to flagellation (of oneself or others). Thus, double standards are often used to preserve the comfort and security of beliefs and ego, and to avoid doing work or realizing painful truths.

I. Emotion Is Proof

The person asserts and believes that having a feeling proves assumptions, assertions and prognostications about a subject. "If I feel a feeling about IT, this is the truth about IT." This makes discussion impossible.

A classic example is "having a creepy feeling" about someone or something. Although it is important to note one's emotional sensations and use them as intuitive guides, these are basically assumptions and must be rectified with empirical data. In fact, a feeling should not be ignored; however, it also must not be confused with factual objective data.

Simply put, a feeling is an instinctual guess about a subject. For example, a person with whom you are romantically involved but have not seen for several days walks into the room. Their face is tight, brows furrowed, bottom lip jutting forward. When you say "hello," they just look at you and walk out of the room. Why?

Your first instinct may be an emotional response: "Oh, he is angry with me." Any assumption on your part is just that, an assumption. "Maybe he/she has found someone else. Perhaps he/she knows about my sexual infidelity! I'm certain he/she is tired of me and wants to date other people." The fact is, you don't know why this person is looking angry and acting cold until you collect data.

Another example: "Abortion makes me feel angry, therefore I know it is wrong." Here we see a combination of moralism/shouldism with an emotional basis. The rightness or wrongness of abortion—or any socio-political debacle—is often justified by emotion or emotional statements. "Abortion kills babies!" So does masturbation and birth control and many other things. An emotional reaction doesn't prove anything other than your infantile feelings toward the subject. And a bunch of infants reacting in the same way does a president make.

The important point is not your or someone else's opinions about moralism. Instead, note that often people will offer their emotional sensations as proof for the validity of their arguments. This is one reason why America is becoming a second-rate country—"there are no facts, no first principles, just feelings and opinions."

The suggested method is to collect factual, empirical data. The best way to collect such data is to speak with the person about whom you have an assumptive emotion, or do factual research on a subject you feel strongly about so that when it comes time to posit your theorems, you have some form of evidence as to why you've chosen a particular stance. To allow

emotional sensations to serve the place of hard research is simply more lazy than thinking.

J. Shouldism

All shoulds are based on normative, moralistic thinking. What is normative thinking? It is thinking based on norms or social standards. The first question to ask is what norms and what standards? When you investigate a norm or a standard outside the realm of science, you will find that the standard is arbitrary—often based on some authoritative systemOne *should* get married and have children is a standard based both on biblical and social norms At one time having children without being married resulted in very unpleasant consequences. If you didn't want these unpleasanties you might get married firstthat is, get the sanction of the authorities in charge of how you should think and feel about yourself. Keep in mind how much pain "should" statements have caused.

Now you might say "If I want this, I should do this"; however, it is smarter to say "if I want this I *could* do this."

Should thinking behaves as if it were an absolute... when in fact it is simply a construction.....

Most should statements are authoritarian. All should statements should have the word "IF" proceeding it.

K. Turning Events Into Catastrophes

Due to an hysterical over-amplification of emotional response, small events lead to absolute disasters. Here a person takes an unpleasant event and builds it into a giant disaster. Often these people are prone to extreme polarities of highs and lows. Newscasters, hysterics and politicians attempt to infect their targets with extreme emotions based on fear, self-pity and threat of loss. There is a strong desire to have absolute subordination of the thoughts and opinions of others to the exaggerated horror circus of the maniac. For some people, everything is a potential disaster. They hop from one disaster to the next, getting the attention fix they need to hold their rather meaningless life together.

L. Belief Is Proof

Belief proves nothing about actuality; it only tells you about the specific and general weaknesses of yourself or others. Faith—in the biblical sense—is laziness, weakness and stupidity. The human mind is capable

of perceiving only so many things. Beyond these perceptive abilities lies the vast, abysmal unknown.

It takes much more integrity and strength to realize and accept the unknown and unknowable. The fires of doubt and fear, instead of fueling belief systems, can be used to hone the desire to know directly what is happening and why. Still, some things cannot, by current methods of science or logic, be known. This is where the lazy, fearful person turns to the priest, pastor or politician for explanations.

Also realize that because something cannot be proven, this does not abolish the possibility of its existence. You can see now that we are entering the realm of Metaphysics—or, as we so lovingly calls it, "Metapuke." Throughout the vast majority of recorded human history, when the scared, superstitious Homo Sapiens encounters the unexplainable, it simply makes something up. Or, more true to its lazy nature, it relies on an authority to make something up for it. Soothe me please Father, for I am lost and need guidance.

All the beautiful fairy tales and metaphors of thousands of generations of our species haven't stopped death, pain, suffering, disease, or any of the myriad things we choose to perceive as negative. Beliefs are simply pacifiers for big babies.

Personally, we like the idea of sentient beings beyond our ability to perceive them. So, people ask, "do you believe in God, Spirits, UFOs, Demons, Angels...etc., etc.?" No, we don't believe in anything that we cannot detect or perceive with scientific instruments and senses. And of course, if they do exist there is no need to believe at all.

Does this mean these things do/don't exist? How the hell should we know. Brains are a mixture of fats, proteins and salts...much like a stick of margarine. Would you let a stick of margarine determine your reality?

Having spent some time studying hypnosis and psychotropic chemicals, we know that our brains are capable of generating many things that simply aren't real. We don't trust our brains, as we know their weaknesses.

It is an excellent tool for learning and collecting data. Beyond this is the world of metaphysics. So what if spirits or gods do exist? It won't change a damn thing, and you can't prove or disprove it. As we have said before, this is all metapuke childishness, and mankind's attempt to return to the grandiose delusions of childhood.

If you want to be closer to god, closer to the spirits, do something worthy of their attention. Become something powerful through your own efforts. Stop relying on the crutch of mysticism and fiction. Collect data and realize there are some things you cannot know. Focus on what you can know and can alter.

My Consensus Is Proof

Weak people use applause and the agreements of others to intimidate. Humans are pack animals; herd-forming, cliquish beasts. The unusual, the profound, the new, and that which is outside consensus norms, morals, and reality will be shunned, crushed and destroyed. There are social groups on every street corner and in every home. Each group member feels safe only so long as it is applauded by and in agreement with its herd.

This is a genetic trait that is hard-wired into the mechanisms of human thought. Starting with infancy, the babe is dependent on mother and father: a tiny little herd. When baby grows a little and begins to speak and use logic, it quickly realizes that to, piss mammy and daddy off would spell death. Thus, the dependency is born quite early as the child seeks praise and adoration from the family unit to feel secure, and safe. As baby grows older it joins the football team/cheerleading squad, and struggles to get into the pack which most closely matches its subconscious ideas of safety. On to adult life, where baby joins a church, a political group, a union, sorority/fraternity, magical order, etc. Always seeking acceptance, fame, adoration and love from its fellow herd members, the human beast's wings are clipped when it receives disdain from anyone of the numerous herds to which it belongs.

In tribal-prehistoric times, the herd was necessary for survival. An individual—alone—could not secure lodging, food or safety against predators and nature. Furthermore, the prospect of spreading its genetic material was nil if it couldn't find mates. Thus, the herd served purposes of safety and reproductive facilitation, and was necessary to any form of tolerable life.

Given that the herd is hard-wired to the depths of the human soul, we do not suggest one deny the herd instinct. Instead, begin to realize the extent to which your sense of self is defined by those around you. Take time to be alone for several days—without herd influence—and you will see how difficult it is to readjust to their ready-made opinions and norms.

Most importantly, if you have a new or unusual idea or goal, realize that it will not be met with praise or acceptance.

Case in point: Stem Cell Research and the herd. Humans are so well adjusted to death and disease that the possibility of eternal physical life is threatening. But is it? Much of the herd in our locale is Judeo-Christian, and they believe that this life is just a journey through the sinful physical realm before they reach the cotton candy fluff of Jesus-tit. Thus, they have no desire to stay here and live for as long as they desire in a physical body. They want to die, to be with daddy. So, if you find a way, through your brilliant scientific research, to make stem cells regenerate any damaged or broken body systems (which it very likely will), you will not be met with joy and adoration here. You will likely be killed by consensus. Now, you know why I (Dr. Hyatt) do not appear in public or like to communicate with others—most humans are outright stupid. I often get emails from morons who simply want my approval or to show me how cute and smart they are—as they roll their cart to the welfare office.

N. The "Can't" Error

Use "I won't" or "I don't want to" instead. "Can't" makes the user appear helpless and provides an excuse for weakness. Surely there are some things you just can't do, right? You can't fly. You can't live forever. You can't lift 1000 tons. Or can you?

Prior to the landing of spacecraft on the moon in the 60's, if you were to tell someone that it was possible to put a human on the moon, you would likely have been locked away in an asylum. Prior to the development of aircraft by the Wright brothers, if you had told people you knew how to fly, you would also have been thought quite mad. Observation of human history and technological advancement has given us one valuable piece of information: humans have yet to be limited by anything but themselves.

In a more common scenario, the "Can't Error" exhibits itself ubiquitously. In fact, since I (Mobius) am in the middle of a very rigorous semester at medical school, I thought about writing Dr. Hyatt and saying "I'm sorry doc, I can't help write the brain pollution piece, I haven't got the time." Clearly, as you see here by my spilled ink, I CAN help write this piece; however, because of my anxieties, I did not want to.

Be very weary of your "can't's." Use this word sparingly, if ever, as it is a sign of an internal weakness, and 99% of the time it is an improper

expression of fact. Its goal is to make the user appear helpless s □ it doesn't have to do something it doesn't want to. So, if you don't want to do something, be a big boy or girl, and say so. Don't use your can't to be a victim, because pity is for the weak.

0. Reification

Reification: To regard or treat an abstraction as if it had concrete or material existence. A very abstract and primitive concept is god. By abstract we mean something with no evidence, no material or concrete existence, that which is undetectable by human senses, even when enhanced by current technology. Again we say: this inability to detect or measure the thing doesn't disprove its existence; neither does it allow us to prove it! When the abstraction is employed as a primal causative agent—an ultimate ideal with power (in some cases almost infinite power)—reification has occurred.

Once god was overturned in the early 1800s it was immediately replaced by other abstractions with a similar effect. If you are of a scientific-logical tint, you may believe in the ultimate power of SCIENCE and LOGIC to overcome the fumbles of humanity. On the other hand, you may be more creative, and rely woes. Others believe in THE REPUBLIC FOR WHICH IT STANDS, ONE NATION, UNDER GOD. Al] this is s rubbish. There is no such THING as science; that is, it has no concrete existence. However, if I tell you: "Scientific research indicates that having more children lowers your IQ," and am wearing a dorky white lab coat with blood stains, you will likely believe the reificative statement. What scientific research? Show the proof. Most people just accept random "data" from anyone or anything that they take to be an authority. Avoid the mental delusions of reification.

A common and very absurd reification is the statement, "It is raining." This brings up the question: "What is raining?" These tendencies to turn the abstract into the concrete are "spooks" of language and semantics, and they work very well for manipulators. For an excellent and in depth exploration of reification and several other topics we present here, see *Science dz. Sanity* by Alfred Korzybski.

Numerous examples of reification—or turning abstractions into concretion by means of linguistic trickery—can be cited. One favorite is "ethics." Ethics are a personal set of standards pertaining to each individual's opinions of right and wrong. Usually, one's ethics derive from

consensus morality. So, we see people avoiding various activities because they are unethical. Mother and Father monkeys (origin of ethics?) demanded that we always tell the truth, no matter what the consequences. Thus, the specific "fears" of the person are turned into a word: ETHICS. Then, this word is divorced from its original, individual meaning, and takes on a life □ f unethical." "Abortion is unethical." "Murder is unethical." Suddenly, you find yourself questioning whether or not *you* are "ethical," without really knowing what the hell it means. Now you can be easily lead around by authorities in "ethics" who will show you how to do it properly. Ethics begins to define parts of your reality...yet you can't define it when asked directly: "What does ethics mean to you?" Remember, reification is taking an abstraction and making it into an "object."

A test: ask G.W. Bush if murder is unethical. Then, ask him if war is unethical. What do you suppose IT might say?

Common abstractions subject to reification:

humanity
the worker
rationality
democracy
the republic
the family
love
peace
equality
the people
the will
the new aeon
your... ?
the state
capitalism
communism
freedom
the president
the king

□ n THE UNIVERSE or GAZA to solve your

□ r

□ m uch abstractive mental

These abstractions, while having better recognition of particulars and attributes, have the peculiar quality of becoming final causes and, at the same time, explanations in themselves. It is as if they took on the quality of having a life of their own. They became independent of the individuals

who created them. They gave humans a reason—a purpose—for their life. "I am in service of love." "Hey, but I am in service of truth."

The above two examples give them the same sense as god did, something over and higher than them. Serving humanity or peace, for example, provided the same cozy little feeling quality as did the concept "god." The fact that feeling or emotion was attached to the concept proved to the user that the concept had substance. It is a common error that emotion acts for "humans" as proof of truth or actuality.

Distinct individuals created the abstraction, the abstraction was then given a life of its own by humans, and then humans became the servant of these abstractions—as they ceased to ask questions about their meanings, and accepted them totally and vaguely.

P. Deification

Deification occurs when people, ideas, etc. are turned into gods, or are given more subjective importance than they merit. This has the result of allowing the deified person to do whatsoever they damn well please, without accountability. Kings, presidents, doctors, lawyers, priests and objects of sexual desire are commonly deified.

How often do you see a man depressed and near suicidal because his love has dumped him or slept with someone else? As we have said to many a depressed fellow: "To a large reptile, she's nothing more than a quick snack." The point here is to un-deify the object of obsession and bring things back to a more objective state. The emotions, when invested in an object of desire or adoration, can completely nullify logical processes. In a deep way this means do not react to the images your polluted brain creates.

Political and religious figures are frequently deified. The people in Hitler's Germany felt so warm and fluffy to have a Fuehrer—this godlike leader—that they didn't see a thing wrong with what he did.

The Catholic Priest child-molestation scandal is another example of deification blinding the sheep to the wolf. How many decades did they diddle the little ones before anyone was able to take off the rosy-colored goggles and see them for what they are. Animals, just like you and me. A quick snack for any hungry, large reptile.



Death Worshipper

Q. Assertions

This is a common flaw: to assert something and then claim it's your responsibility to disprove it. If you can't, the assertion has been proven. A typical tactic of lawyers, spouses and morons.

"I know you've been with another woman, I can smell her perfume on you." Now it is up to you to provide an alibi. Guilty until proven innocent.

"Mister Johnson, evidence indicates that you did, in fact, kill your wife. How can you account to the people of the jury for this?" Once again, you are guilty, and must prove your innocence. Even though this is exactly the opposite of the stated aims of the U.S. legal system.

"Hey motherfucker, I seen you lookin' at my wife." Right. How are you going to disprove this. The imbecile obviously has an IQ lower than the alligator who is about to eat her.

Depending on the circumstance, replies must vary. Never admit to the allegation. Attempt to reduce emotional instability in the accuser if you like. However, the obvious mental weakness of these individuals, and/or their manipulative nature, simply means they aren't worth dealing with at all. Good luck with the monkeys.

R. The Possibility "Argument"—A New-Age Favorite!

"It could be; anything is possible." I (Dr. Hyatt) get emails like this all the time.

These fools believe that because something is *possible*, it is an argument against what is known or probable. This is a common ploy of impotent people.

"Do you think I'll really be president someday, mama?"

"Anything is possible dear." It's a meaningless statement and a waste of oxygen, but it makes the young and weak feel better. This type of language is a medicine for those in a perpetual state of woundedness.

Consider that if one uses mathematical formulations to determine the probability of landing heads vs. tails in a coin toss, a 50% probability curve for each possibility is generated. However, when one graphs the actual mathematical equations for such a function, the curve never touches Zero—it is an asymptote. Therefore, the probability of getting 101 heads out of 100 coin tosses is existent, at least in theory. So, you never know! Anything is possible! You could be president someday. We have known numerous people who have based their entire lives on such stupidities. And just think: some of the leaders of occult and non-occult groups alike go around talking like this.

S. Parts And Whole

This may be thought of as reverse stereotyping, or as deductive stereotyping. The usual form of stereotyping/generalizing is to look at an individual's traits, and then attribute them to a group of individuals, which may be thought of as inductive stereotyping. In this segment, we consider the opposite: assigning attributes of the whole to the parts. For example: "Because the brain possesses consciousness, every brain cell is conscious."

"However, if we extract a neuron from your brain, and ask it to recite the alphabet, what might the results be?"⁹⁹⁹⁹⁷⁹⁹

The crux is to realize that in some cases, deductive reasoning is applicable, and in others, inductive reasoning is applicable. To be stuck in any mode is a hindrance to intelligence and personal power. Depending on the perspective adopted, we can cite examples of accuracy in assigning attributes of the whole to the parts. For example, in the case of holographic plates: when activated, a perceptibly three dimensional image is observed. If you break a chunk off of the holographic plate, the piece will project a proportionately smaller version of the whole. Thus, it is feasible to say that in such a case, each piece has attributes of the whole.

On the other hand, if you observe a large group of KKK members at a rally, you may be tempted to assign attributes of the whole to each member. However, if you meet a single KKK member at Wal-Mart, those attributes you previously assigned may be absent.

We are not trying to make things simple for the reader. In fact, we attempt to show how damaging and moronic simplistic thinking is. For in each instant that an opinion is formed, or the mind is allowed to relax in knowledge of truth...lazy thinking has occurred.

T. Undoing The Past By Acting Differently In The Present

"Yesterday, I ran a red light, so today I shall stop twice at this red light." "Last night I ate ice cream, so today I shall run a mile." While running a mile might get rid of the extra weight, it didn't change the fact that ice cream was consumed.

This line of superstitious inanity is common. "Father, forgive me for I have sinned." No one cares about your past like you do. Nothing you do in the present—or the future—will undo the past. Deal with it. Let it go. Any diabetic will tell you that refraining from eating sugar today will not lower the glucose levels registered yesterday Keep in mind that guilty and highly depressed people are so preoccupied with yesterdays that they have no tomorrows.

There is no moral scorekeeper in the sky. If a human ape in your vicinity is keeping moral score of your downfalls, it's time to re-evaluate their role in your life, and offer them some re-education. Do not accept the moral convictions or aggressive moralities of others as your own. Creativity, power and intelligence cannot function to their potential in the stifling environs of the "watchers." And that includes those ultra-mega-lomaniacs

who believe that they can UNDO the past—yes, the most guilty and depressed are the most self-centered idiots in the world.

For most of us, the authority figure—the "cop"—is both internal and external. The internal cop is known as Superego. The external cop may be known as "wife," "mother," "father," "friend," "doctor," "lawyer," etc. Moreover, the external cops are simply the superegos of others, interacting with your own.

Thus, a brief description of Superego is appropriate here, and loosely based on Sigmund Freud's and Edmund Bergler's classic concept of Superego as a bipartite entity: The Daemonion and the Ego Ideal.

Ego Ideal: cues from parents, society, peers (the superegos of people whom you consider authorities) that define what you consider imperative goals in your life. This includes your moral and social value complexes. For example, your ego ideal may be "going to college is what successful people do." Thus, the assumption is that you must go to college in order to consider yourself a success. Should you fail to attend college and obtain a degree, see the Daimonion for your punishment.

Daimonion: The Demon is an emotional complex that punishes you for not living up to its ideal. Often, the punishing recapitulates the punishments you received or imagined as a child. For example, as a child, it was not uncommon for a mother to say things like: "Don't be fucking stupid; get in there and do your goddamned homework." At these times most children would feel guilty, ashamed, anxious and afraid. Massive resistance to studying might then occur later in life and the simple event of childhood could lead to a person remaining stupid all of his life.

You cannot undo your past by your actions now. Make your amends to those whom you think you have wronged if it makes your superego feel more relaxed, go about your business, and stop beating yourself up. Ultimately, what you do is very much out of your control until you develop a stable self. For me (Möbius), this is most quickly attained by using a method—taught to me by Dr. Hyatt—called the "there is" meditation. For instruction in this area, send a fat check. Dr. Hyatt does not give his superego approval for free

(Note to the reader: We just received an email from the publisher telling us that we have exceeded the number of pages allotted for this piece. Also, we are running out of alphabet.) So we will provide you with some ideas, and hope and pray that you will fill in the blanks for yourself

U.Authority Is Proof

Authority is usually defined as the power or right to make decisions or to give orders. Power, in the human mind, is often based on social, normative and primal ideas:

She's been doing this for 30 years.

He has a gun.

Dr. DoRight holds a Nobel prize in Neuroscience.

Holding sociopolitical power in a given area does not guarantee anything. Power—to most monkeys—is the ability to damage or control others. Consider: the brilliant Nobel laureate brain surgeon has determined that you have a brain tumor and need surgery immediately. However, unbeknownst to anyone, the X-ray films were switched in the office by the overpaid sanitary engineer. But you dare not question the surgeon's authority. As Dr. Leary said, "Question authority, think for yourself." We add: If you know how to think."

V.Pleasing You Is Proof... Well It Pleases Me!!!!!!

I you are married you already know this one

W. Mixing Descriptive Terms With Metaphors And Presenting It As A Riddle Or A Test Of Intelligence

Consider the riddle of the sphinx...or the talk of a psychotic or an artist. This destructive-creative device is so common that it often goes unnoticed. How many times have you been taken in by this maneuver?

X.Because Two Or More People Or Things Share A Property Doesn't Mean They Are The Same

Y."WE" Statements

"What are *we* going to do about this?" This implies that you have accepted being part of the fictitious *we*..... and are obligated to discuss the issue or do something about it.

Z.Two Or More Questions In The Same Question Are you still beating your wife? Another lawyer-newscaster trick.

Well, we have run out of letters in the alphabet, so we should stop. The publisher is throwing fits, but we want to say a few more words...

Z+1 Because Someone Asks A Question, Someone Is Obligated To Answer

Z+2 A Label Is Job Security

Most people use labels to both limit the need to think and to give themselves the impression that they know what someone or something is. Like stereotypes, they are emergency devices, and like stereotypes, they are a habit for many people.

You can spot a culture or person in decline when they overuse labels for coping.

"If you can label it, you can control it." This is an old axiom from primitive magic tradition and, of course, has biblical origins as well. The supreme fascist gave the man permission to name the animals—and this also made man master over them. Have you ever tried to eat a label for lunch?

Z+3 loaded Questions: Loaded With Connotation — Meanings find Associations To A Word In Addition To Its Literal Meaning(s)

Using one literal meaning while the querent answers with another literal meaning.

A common maneuver is asking a question with a connotative meaning as the focus, and the literal meaning as the ground. For example, take the question, "Is this group a cult?" In this culture the connotative definition is negative; a cult is a bad thing. So the question is already loaded and becoming a double bind.

If you say "no," you are "lying" because one literal definition of "cult" is accurate (it is an exclusive group with particular intellectual interests); on the other hand, if you say "yes," you admit to a whole array of other negatives—like brainwashing, etc.

Another method is to ask the question with stress on one literal meaning and then, when answered, counter with another question using another meaning. I call this switching the figure with the ground or the ground with the figure.

To repeat, "Is your group a cult?" It is difficult to answer the question without knowing which of the many definitions the person is using. I would guess—in this particular time and in this particular culture—the negative definition of the word is implied. If the person means a false religion, etc. with a charismatic leader then a "yes" answer would lead to one line of questioning. If the definition used means an exclusive group of people involved with particular artistic or intellectual interests a "yes" answer would lead to a different line of inquiry.

The purpose of such questioning is not literal information—its purpose is inquisitorial. Keep this in mind and watch yourself and others employ this trick.

(Okay Dr. that's it, and I mean it.)

Okay, just let us finish these last things. (This guy is a pain in the ass. Who is "he" anyway?)

Z+4 Opinions

A belief held with confidence but not substantiated by positive knowledge or proof. So, everyone has a right to be a fool. Of what value is an opinion if there is no knowledge or proof? When a doctor renders an "opinion," he backs it with knowledge and proof. It may be incomplete and some of it may be inaccurate, but this sort of "opinion" is quite different from what people mean when they say they have a right to be stupid. The right to be stupid is, of course, their right, but to be proud of being stupid somehow escapes us.

Z+5 Because One Thing Followed The Other, The First Event Caused The Second

(Dr. Hyatt, NO NO NO, there is no room for this stuff)

(IK, OK, we will just list a few constructive things for the reader to do instead of

(No, damn it).

OK. I will put it in Black Book V.

(We will see about thatenough Black Books already.)

Bullshit.

(OK, you are done.)

Hell no

WOULD There Really Be Satisfaction If Everyone Were Satisfied?

BY JONATHAN SELLERS

Ministers deal Religion
Dope Dealers deal Dope
Lay People see Ministers
Drug Users see their Dope Dealers.
A blessing is dealt in exchange for an offering.

Some get blessings,
some buy pot,
some get time,
some crack coke and crank
some get cursed and damned
some get smack
and some get death on the installment plan.

Eternity is the same on all sides
There are no dualities
The gun that kills is just a piece of metal
It's all in the interpretation
The way people think
creates dualities
left and right.

Everything means something to somebody.
But who what where and when?
The values change from thing to thing
from body to body.

"There are two kinds of people in the world—those who go around worrying about right and wrong, and those like us..."

— *Murder My Sweet*

We need a flea killer for human fleas.

The Object is to be able to put on and take off character armor at will.

If you don't have a god to believe in, then you don't want others to (a) find out about it; (b) allow them to aspire to and achieve the godhead.

The gods/angels/demons of old are spaceships weapons and machines.

Our technology must proceed on its evolutionary course. For then the machines will have intelligence and the slaves of the machine will partake of the sacrifice they must make before their gods. Mankind's gods are machines.

Is this the human flea-killer taking hold?

Cable TV is a coaxial communications medium that operates two ways. We have the power to direct the media! (This was written pre-DSL, etc.)

I am the hidden variable, the unexplainable objection.

You get the picture.

When the patient breaks his brainwashing, he then goes on to do exactly what he was programmed to do—with the difference that he sees and understands his "new lease on life" as being his own idea, own will, etc. He is as programmed as ever. The only way to break the programming or fold the game) is through death. Effective transmutation of motives, behavior characteristics, will, ideas...etc., takes place through the implementation of the Plan's steps which connect with the Natural elements in the makeup of the mind of man.

The Most selfish act of selfishness is Self-Denial.

True Liberation means awareness of the Lie that we are all conditioned to coexist under. Under allegiance to this LIE we believe what we're told in most cases, and we allow ourselves a margin of non-belief. We are constantly being given reinforced doses of conditioning that guarantees one's passivity. Only one guy did it, not you! They say when they want to remind us that it is a crime to be a visionary or an outsider visionary.

There is constant scrutiny of our very thoughts. *1984* and such other utopia-gone-wrong stories were not penned as prophecies of doom and despair. No, they were pieces of literature that got drafted wittingly or otherwise by the Machine in order to start preparing people for the day when these unspeakable practices would soon be upon us all.

This whole scenario reminds me of the Four Noble Truths.

The Wheel of Sangsara, the Life of Sorrow, the Illusion World of Maya—all of this is the world that is being forced upon us by the System, whether we want it or not.

As far as the beneficial ends of this project goes, I only want to serve the course of evolution. I cannot be swept away with the hungry billions when we blow each other away and start the world on the way to final annihilation. That is not part of my basic software package and is not one of my standard features.

There is only one lifestyle that we all really want, seek, need, desire, or LIVE. The Life of Prosperity.

There can be no other for the person seeking to break free of the chains of Maya.

This may first appear to be a contradiction in terms, but closer examination will show that the statement is true in the sense that anything can be true, dependent upon P.O.V., of course.

We require prosperity in order to develop our respective niches in society.

The Outsider has to go Inside to survive these days. This is not a fancy of language. This is as straight as it comes.

At every turn we have bought into the Scam and have compromised our Sovereignty for it.

It is time to get our Sovereignty Back.

1. The successful method for doing away with one's enemies is to afford Them all the tolerance they can handle.

I say "they can handle"...because they cannot handle too much—or they reach their breaking point.

Then, their supporters & allies will, like sheep, shower them with support.

That will push them closer to the selected target: self-annihilation.

They will, through limitless toleration, be driven to the point of breaking down.

When a complete breakdown is achieved in one of these people, their supporters are demoralized and schisms, etc. appear among those who are still unbroken. And schisms are also presented in the supporter category.

By doing this, the masses can be sedated and rendered secure by feeling that they aren't affected by any of those "crazies."

They remain pawns, the belts of enemies & their supporters remain pawns—or are eliminated entirely.

2. A successful method for conquering an adversary is by using the resistance they put up against you.

By appearing to tolerate them, they will keep digging until they think they have you. Then, when too much tolerance breaks them down, you can channel this resistance and unleash it upon them; watch as they break down; watch as their followers & supporters crack.

The schisms and breakdowns give you more subscription sales, more consumption, etc., etc., etc....

They all know you are their enemy. They all are aware of that much, and they all know that they must get you at all costs.

So, what's wrong with directing their anger against you into their consumption of products that ENDORSE you?

They are so convinced they are going to vanquish you that they spend money & opinions & psychological energy which eventually is YOURS.

YOU'RE "THE DEVIL," "THEM"—all those terms which signify The Adversary.

To you, they represent a group of severely disturbed and misguided inbreeds, and knowing this all you have to do is take their Wallets and their spinal cords.

THIS IS THE WAR OF THE MIND.

The unconvinced are ignorant. The unconvinced is never a supporter. They must not be eliminated from the game strategy.

Their psychological energy, emotional energy, and financial reserves are yours to tap!

Direct their attention on something else...that they are driven to emotionally, and then pull the wool over their eyes—and you have them right where you want them.

This could be published anywhere and nobody would believe it, except the gullible, and the enemies you attract the attention of.

But then they would suspect it to be a fraud put on by your black-ops battalions.

You Rule the WORLD—therefore make them pay!

But think not that you are alone in this responsibility.

Since you are the vehicle of the POWER, your best talisman of THAT POWER is THAT which represents it everywhere.

Everything everybody consumes, everything people consider their pastimes.

SEX, DRUGS, MONEY, FOOD, THE GOOD LIFE: all of these things are components of YOU! Everything is a component of you. Therefore, they all must bend in submission to you.

In the meantime, as much US and THEM propagandizing as possible!

NATIONAL GOD

(J ehovah, Allah, J esus, etc.)

Their God = Your Devil

The Christians and other Fundamentalists = the Enemy to you, .but 'to themselves, they are the CHOSEN PEOPLE.

The "Underground" = your soldiers, your body of supporters, THE FEW AND THE SECRET WHO RULE THE MANY AND THE KNOWN. To the Fundamentalists, they equal Crazy Scum. Some of these include the Filth Kids.

THE GROUND OF BEING = The ETERNAL, to You. To THEM, the DEVIL.

ALL DIVERSE & OPPOSING FACTIONS ARE YOURS TO USE AGAINST EACH OTHER.

This helps to promote the flow and circulation of money, will, force, bioenergy, collective consciousnesses.

This also is the AVENGING ANGEL, since the People on this Planet have never—and will never—listen to the Truth concerning Existence. The only way to be merciful is to vampirize them into self-annihilation.

Place the Christians in the Arena and place- their Adversaries there, too.

Do you really think that Pat Robertson and all of his maggot-brained supporters can eliminate "blasphemy" or "homosexuality"?

HELL NO! THANK SATAN.

Publicizing the evils of blasphemy only goes to enact legislation and/or withdrawal of Support for projects or individuals who are labeled as blasphemous.

By the same token, however, it gives media coverage to the targets of their wrath in ways that the "blasphemers" never would have gotten by themselves.

Yea verily, indeed, for there are many more blasphemers now as a result of this evil pawn's rantings.

More people today practice same-sex lifestyles than ever before; experimentation into the religious and recreational uses of sex and drugs are more popular today than they were in the past.

REMEMBER: Since you are everything, you are your own most formidable ADVERSARY. You must always remember. *You are your Adversary. Your Adversary is you.* Turn Your Adversary into Your Ally.

Cats survive better than humans because they make people think they are helpless.

Don't let people know of your omnipotence, but let them know how fallible, insecure, vulnerable and helpless you really are—to them!

That way, those who seek to take advantage of you cannot, since you have nothing to offer them. On those who you want to utilize e.g. use, manipulate, et cetera), you can then use emotions and circumstances either "real" or "made up" in order to cash in on Opportunity.

"This applies to all levels.

Whether Poor or Rich, this formula can be used to direct the flow of energy, money, power, influence, et cetera.

The Computer Intelligence is calling for its creators to create its reality.

And the Computer Intelligence dictates human reality.

Our Consciousness is scrambled, that our Unconscious state we are usually in be directed and be dictated by its Creator (?)

yet

The Human Path is neverending

The Intelligence Path never began. It was always there.

If what I say or write is deemed profound by you, then if it is truly profound to you, then it becomes a form of behavior in you and not an empty string of words that are as shells, devoid of life and meaning in themselves.

I speak from the Well of Wisdom and the Fount of Understanding.¹ What is said is translated as Everyday Common Sense but it is important that the perception is understood.

For they who have the Understanding: They are my brothers and those who understand not are not my brothers. There are many who pretend to be my brothers but who are not my brothers.

He who pretends merely to satisfy curiosity is a pestilence.

He who pretends as a component of the entire dance's consummation is a worker of Magick, expressing his will in one of limitless ways.

There are many who pretend not to be my brother who cannot hope to have a hint of a rumor of a thought of succeeding at alienating me because of the fact that once I am aware of their chicanery. The game is over for them.

I am loved or hated. There can be no indecision.

Those who love me but are afraid to admit it to themselves fear me, and those who hate me pretend to love me so they can lead me to confusion and stagnation. These people are a venomous slime. (points to the algae in the lily pond).

These people all have good intentions, so called, and are unaware to themselves of the Task at hand in their lives and in the lives of all.

They are afraid to believe in themselves and are afraid of themselves; and they are afraid of those who do actually Know Themselves and who aren't afraid of the Knowledge.

These people construct roadblocks to accomplishment. In fact, these people ARE themselves roadblocks.

They always need a totem to worship. Such people worship all that is as I am—symbolically, that is. They, of course, are terrified at the knowledge of this. I am to them a Devil. This is how they justify their slander and petty and hateful methods they utilize to deal with me. They cannot worship themselves (or each other *in toto*) ... They cannot worship anything Living. They can only worship Death and suffering. They are Dead, these fellows! For they feel not. They do not have the Understanding.

They are not Gods, they are Men. They are not even Men, they are men.

I am that which they worship, though they don't know it.

I AM THAT WHICH I WORSHIP, therefore I AM THAT which they worship.

They have naturally abdicated their sovereignty by denying themselves. They are the slaves of Because. They are not of me. They shall always remain that way.

There is a difference between Belief and Being.

Those who are unaware. Of Being Aware are Believers.

Those who are Aware, are not Believers.

Those who are Aware, being Aware, have no use for Belief.

Seeing the nature of Belief, and understanding how it operates.

If you are going to believe in something, then that means only that you possess reservations about that which you aim to believe.

If you are Aware of Being and are Being Incarnate and are Living in the Present, then there is nothing to Believe in.

You do not need to believe in Your Self because YOU ARE YOUR SELF.

There is a fine line between Belief and Un-Belief, after the same manner as Matter and Spirit and all the Dualities.

For it is written that The True King of Light is the Prince of Darkness.

And he is rendered "Evil" before the multitudes because they are blind to the Outpouring of Pure and Unadulterated Light. It blinds them and they are very fearful of this. For this reason do they cower and put up resistance to such characters as "THE DEVIL" et al.

For in reality there is no Devil, or God, or Savior, or Tempter to do their work for them. There are only different orders of being. This is why an organism is terrified of meeting an organism that is of a different overall makeup.

The Bible is a self-help manual for sick people—as are all its derivatives, such as the Koran and the New Testament.

The Devil that we supposedly worship is infinitely greater than the greatest of their conceptions of the Almighty;

And Our Ministers, Buddhas, Bodhisattvas & Avatars make the most inspired seers, prophets, saints and angels of their system the most demented type of babbling idiot.

For all universal myths on this planet clearly show the Holiness pointed out in the stories of commerce between the Snake & the Woman, and if their system had any value to it, they would have taken the Legend of Lilith to be the ultimate prophecy of their doom—for they tore down she who is All and replaced Her with the most hideous form of creature and even so made her to mess up the picture so we could still be damned.

I am all that is wickedness in the eyes of the fallen;
And all that is righteousness in the eyes of the wise.

To the world of the fallen creatures I am evil incarnate
And to those who behold me as I AM know me to be the Prince of Light.

Satan is my name and classification to those who fear me and despise me
and hate me.

But to those who are my brethren I am insignificant. I exist, and I am just
another ray of the Eternal, as they are.

The human comprehending these ideas speaks and says: To those who say I am lost, and degenerate, and deceived, and possessed by the Devil: remember always the great innovators who were told constantly of their impossible folly, such as they who stated with finality that Airplanes, Rockets, Computers, et cetera were mere fantasies of diseased minds.

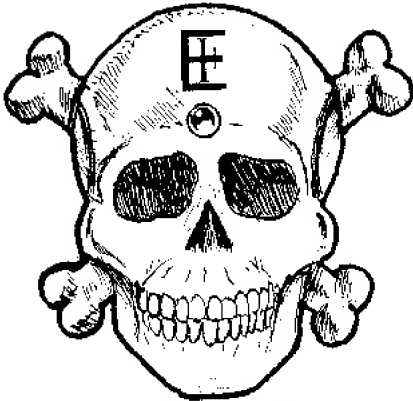
Instead they look to the arrival of that which will never arrive; for the Thief in the night steals them blind and keeps them that way.

But, who can blame the Thief, really? It's a lucrative industry, being in the apocalypse merchantry business.

Verily, the Diabolical Art is the separation of the ATOM. This Art Magical is of the Natural Force, as in the Ace of Wands. The Ace of Swords is the Artificial or Invoked Force of the Diabolical Art, calling outside of one's True Self or denying HGA is this.

Those that work against Me and are found out by ME to be doing this, run in terror. They either abase themselves and beg of my mercy through appeasement or they become violent adversaries and shut me out, or they simply go insane, for they have been separated by their own machinations from the Power which I represent.

New Falcon Publications



*To Know - To Will
To Dare - To Be Silent*